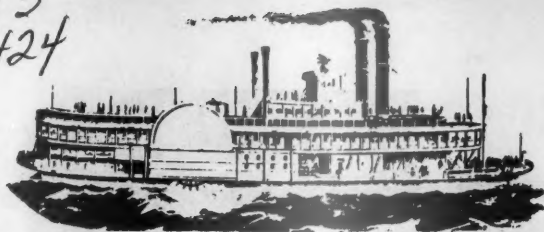


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RIVER CURRENTS

ND COAST GUARD DISTRICT - SEPTEMBER 1979

CGC CHENA

Fights Towboat Fire

An early morning fire aboard the commercial towboat W.P. LeBeouf sent the crew of the Coast Guard Cutter CHENA down river from ANFAC Natchez. The call came in at 0250 on July 19, and by 0330 the CHENA put together a skeleton crew and were underway downbound to the burning towboat.

It took the crew of the W.P. LeBeouf only five minutes to separate the fuel barges from the burning towboat. They then donned their lifejackets and swam for shore.

At 0431 the CHENA #1 located the crew of the LeBeouf. All hands were in good health. The eight crew members were eventually brought onboard the CHENA and later transferred to another

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CGC CHENA standing off the burning towboat W.P. LeBeouf. Photo by MK3 Steven Louis.

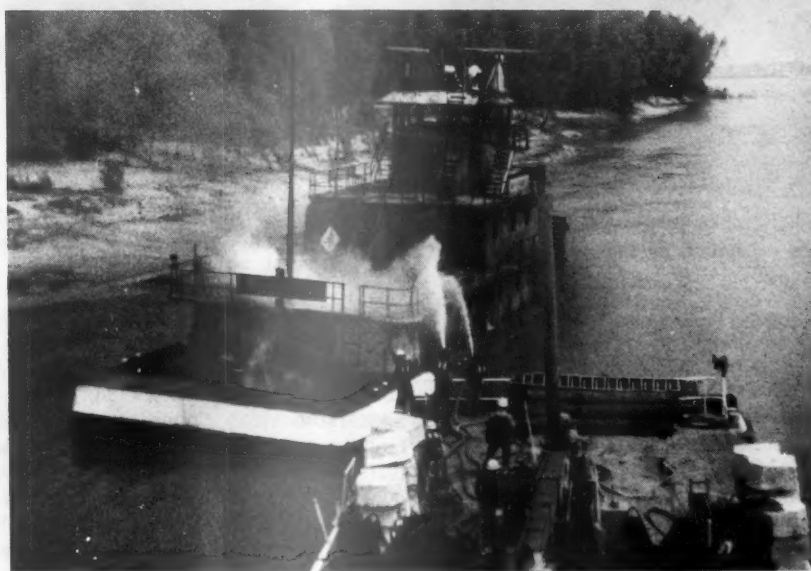
CHAMPUS Booklets Available

Before you receive any medical services or supplies, ask the provider if he or she participates in CHAMPUS. This is the responsibility of the beneficiary.

A participating provider is one who agrees to accept what CHAMPUS pays him, plus your share of the cost, as the full payment, even if the actual amount billed is higher.

A non-participating provider does not agree to accept the CHAMPUS determined reasonable charge as full payment. In this case, the CHAMPUS share is sent to the beneficiary (or sponsor) who is responsible for settling the bill with the provider. This may result in beneficiary cost which is higher

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CGC CHENA moving in to cool down the upper decks of the W.P. LeBeouf. Photo by MK3 Steven Louis.

Coast Guard Day Picnic

Coast Guard Day was celebrated again this year by the various units of the Second District with the traditional picnic. For units in the St. Louis area, the picnic was held at George Winter Park along the Meramec River. About half of the park was taken over by the hot, hungry and thirsty group that showed up on a day of temperatures in the mid to high nineties with the humidity not far behind.

The main point of interest was the food. A long day was put in by the people behind the grill preparing the large amount of meat that was quickly consumed by the crowd. The hot weather did not dampen the appetites of anyone who was there. Another effect of the temperature was the smooth and rapid flow of the liquid refreshments.



DCC B.S. Bunting and YN1 J. Gaines, Jr. prepare the large quantities of pork steak, chicken, hamburger, and sausage that were consumed by the crowd of hungry people. Photo by PA3 R.S. Muller.

In softball, a team from District Office defeated one from Base St. Louis by a score of 10-2. Volleyball players were also active all afternoon. The number of players would vary as players would drop out for refreshments. There were activities for families and the children. The highlights of these activities were the egg and waterballoon contest. The object was to throw the egg to your partner and have it caught without breaking the egg. The same held true for the waterballoons. Things became more interesting as the distance between partners was increased. More than one person got egg on their face.

Shortly after the beer truck left, the last softball game ended and with it, the few people still around left, bringing another Coast Guard Day picnic to an end.



RADM Norman C. Venzke demonstrates one method of catching a raw egg without breaking it. Photo by PA3 R.S. Muller.

CGC

(Continued from Page 1)

commercial towboat that was taking the LeBeouf's fuel barges up river.

0440 the CHENA proceeded downbound to St. Catherine's bar light to start fighting the fire that was still raging onboard the LeBeouf. At 0545 the crew of the CHENA began applying foam to the burning towboat which reportedly had 17,000 gallons of fuel onboard. The crew fought the fire most of the day, except when the heat became too intense, causing them to back away and stand-by. When they thought the towboat was going to capsize they again had to back off.

CHENA had 25 cans of fire fighting foam brought up from New Orleans onboard a Coast Guard helicopter. Local businesses offered their foam also if the CHENA needed it. At 1315 the fire was under control and by 1405 the fire was out. All that remained to do was to handle the clean up operations. The towboat was partially submerged and leaking oil so the CHENA set up a series of booms to control the stream of oil.

At 2015 the CHENA was underway upbound for Natchez, Mississippi and at 2310 the crew moored the CHENA. After a very long and busy day.

CHAMPUS (Continued from Page 1)

than the CHAMPUS determined beneficiary share.

The lowest of the following is considered the reasonable charge:

1. The actual bill.
2. The customary charge made by the provider under similar circumstances for the same medical service or supply.
3. The prevailing charge of most providers of similar training in a

geographic area for the same medical service or supply.

A comprehensive booklet is available which answers most questions about CHAMPUS. If you would like one, contact:

Commander (pk)
Second Coast Guard District
1430 Olive St.
St. Louis, MO 63103

A copy will be forwarded to you.

Cutters Receive Commendations

The Coast Guard Cutters SUMAC and OBION were presented the Coast Guard Meritorious Unit Commendation in ceremonies at Base St. Louis, Missouri on August 3rd.

The Cutters were involved in finding and marking the navigable channel during more than two weeks of heavy ice flow, sub freezing temperatures, and sporadic river conditions. At one point, both vessels were temporarily trapped by the ice. The cutter SUMAC was able to break free under its own power, and then organized the assistance to free the OBION. Upon breaking out of the ice, both vessels resumed marking a safe channel.

Rear Admiral Norman C. Venzke, Commander Second Coast Guard District, presented the awards to Chief Warrant Officer George A. Matheson, Commanding Officer CGC SUMAC, and to Master Chief Robert E. Smith, Officer in Charge, CGC OBION.



RADM Norman C. Venzke, Second District Commander, presents the Coast Guard Meritorious Unit Commendation to BMCM Robert E. Smith, Officer in Charge CGC OBION, and to CWO4 George A. Matheson, Commanding Officer CGC SUMAC.



Keep your eye on the ball as LTJG W.L. Fry demonstrates one of his routines. Photo by PA3 R.S. Muller.

Follow The Bouncing Ball

People in the Coast Guard have many ways to occupy their free time. Sometimes these hobbies grow into more than just something to do in someone's spare time. This is the case with LTJG W.L. Fry who works in Recruiting at District headquarters in St. Louis. Mr. Fry's object of interest is juggling; balls, plates, or just about anything he can get his hands on.

Juggling has been LTJG Fry's "hobby" for quite some time. He per-

forms in the St. Louis area with two groups of fellow jugglers.

Long, hard hours are put into practicing the various routines performed with his partners. The payoff (into the performers hat, of course) for this hard work is the appreciation of the audience and any loose change which shows up in the hats. The size of the audience is not always important. Large or small, a good show is always put on for those able to watch.

EDITOR'S NOTE:

In last month's **RIVER CURRENTS**, an article was run giving hints on saving money. One of the hints was that a homeowner can claim a tax credit of 15% of the purchase price for energy improvements to his home up to a maximum of \$300. This tax credit can only be claimed once per house, not once per year as stated in the article. We regret this error.



CW04 George A. Matheson (on left) was relieved as Commanding Officer of the CUTTER SUMAC by CW02 John J. LaBrier. CWO LaBrier, who is a St. Louis area native, was previously stationed on the CUTTER EVERGREEN, homeported at New London, Connecticut. CWO Matheson's next duty station will be at Group Charleston, South Carolina.

Don't Blow Your Cool!

Summer and early autumn heat waves make most people miserable, but they can also cause dangerous heat strokes and heat prostration. How can you keep your body from blowing its cool? Follow a few hot weather safety precautions:

- Slow down. Your body can't do its best in high temperatures and humidities, so ease the stress and don't overdo when the heat's on.

- Heed your body's early warning symptoms, such as flushed face, headache, or dizziness. These feelings and signs indicate that "heat syndrome" is on the way.

- Dress for summer weather. Lightweight, light-colored clothing reflects heat and sunlight and helps maintain normal body temperatures.

- Put less fuel on your inner fires. Foods like steak and roast beef are proteins that increase body water loss; fresh fruits and vegetables are higher fare that help keep the body cool.

- Don't dry out. Heat wave weather stimulates perspiration which drains the body of fluids, so drink plenty of water while the hot spell lasts.

In a normal year about 175 Americans die from summer heat and too much sun exposure. During a recent 15-year period, more than 8,000 persons were killed in the United States by the effects of heat and solar radiation.

Heat claims its victims in a less dramatic manner than many other kinds of accidents. There might be a small huddle around a supine figure at the beach, the clatter of a helmet and rifle in

a holiday parade, an eddy among the elderly in a subtropical park, a troubled congregation between the fairway and the green.

To keep from dying in the summer heat, remember:

- Avoid "thermal shock" by gradually getting used to warmer weather during the first critical two or three days of a hot spell.

- Vary your thermal environment, or in plain words, get out of the heat frequently and go where it's cool.

- Don't get too much sun. Sunburn makes body temperature higher and upsets the body's temperature control system.

Summertime weather means fun in the sun, but for your body's sake—play it cool.



MSO Pittsburgh Inspects

Captains Craft

LT James G. Simpson and BM1 Roger Mavis of MSO Pittsburgh recently conducted an inspection of a river boat in the Pittsburgh area. What makes this inspection worth special note? The "ship" inspected was the set of CAPTAIN PITT AND FRIENDS, which "cruises" the waters of WPTT-TV in Pittsburgh.

LT Simpson and BM1 Mavis conducted a thorough inspection of the Captain's craft, citing regulations and making corrections where necessary as the youthful crew of the show watched on.

Left to Right: Captain Pitt, LT James Simpson, and BM1 Roger Mavis.

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